

ABSTRACT

An improved design in bicycle, unicycle or tricycle seats as related an articulating, adjustable resistance seat, which acts in reducing perineal pressure, providing support to proper parts of the pelvis while allowing variable seat resistance adjustments and width adjustments according to the anatomy of the rider. The ability to allow an upward/downward movement of the seat with downward resistance provides the rider with an energy assist when the leg is moving in the upward position. This action will result in less fatigue to the rider especially when engaged in racing over long periods.

Resistance can be applied by a spring, spring-hinge, torsion bar or other means.